

A MUST READ FOR PARENTS IF YOU WORRY ABOUT YOUR CHILD HAVING A....

- Problem Concentrating and focusing.
- Potential health / weight problem due to a lack of exercise (couch potato).
- Low self-esteem and is demotivated.
- Lack of social skills.

Playing a musical instrument is very beneficial to children and adults.

So, why should someone learn to play?

1. **Remember... There are successful musicians out there.**

You may have a budding musician or a future rock star on your hands and robbing them from a great future would just not be right.

2. **It will boost their brain power**

Want to give your child a mental advantage? Music can do that. "More and more studies show a correlation between higher academic achievements with children who are exposed to music," says children's music specialist Meredith LeVande of MonkeyMonkeyMusic.com. "Music simply stimulates parts of the brain that are related to reading, math, and emotional development."

According to scientific research, playing music, increases the development of various regions of the brain, including the corpus callosum, motor and auditory cortexes.

MUSIC TEACHES YOU TO FOCUS!

Playing a musical instrument takes a lot of work, time, and energy that- when done right- is very rewarding. These kinds of rewards can be seen and heard very easily; so musicians become very self-motivated. This determination and focus you learn can be applied to any situation.

For example in drumming, when playing a beat, drummers' use every part of their mind to make sure every part of them is playing on time. This helps to develop fundamental skills in channelling their mind, and **focusing on one thing. Any parents out there who have kids suffering with ADD or ADHD? This is a big benefit for you.**

3. **It's healthy and physically beneficial.**

The first obvious benefit to playing music is the physical aspect to it. Especially something

like drumming that takes a lot of energy. Try and sit on a stool, move your hands and feet around the kit at fast speeds, for long periods of time, and see how you feel. Tired? It's not an easy job. **The cardio muscles in drummers are much more developed than in non-drummers.** For all the parents out there who have trouble getting their young ones to get some exercise, try sitting them on a drum kit. Not only will they get the exercise they need, they will also have fun!

Drumming is very cardio intensive but playing other musical instruments like guitar and even singing requires you to be fit.

Fine and Gross Motor Skills especially when playing a keyboard. This may almost seem self-evident, but different playing techniques can be used to help work on different fine and gross motor skills. This can even be true for developing lower extremity when drumming.

4. It helps them socially and is a confidence builder.

Picking up an instrument can also help your child break out of their social shell too, experts say. "Socially, children who become involved in a musical group or ensemble learn important life skills, such as how to relate to others, how to work as a team and appreciate the rewards that come from working together, and the development of leadership skills and discipline," says Marturet, who also oversees the MISO Young Artist program in South Florida, which allows young musicians to hone their musical skills as part of a professional orchestra.

If you want your child to develop their confidence, learning to play a musical instrument can help a lot.

"They find that they can develop a skill by themselves, that they can get better and better at," says Elizabeth Dotson-Westphalen, a music teacher and performer.

Kids admire rock stars and like being good at sports or anything else, playing an instruments makes them feel good about themselves.

By joining Fame Music Academy, you are taking a step towards fulfilling your dream and becoming a part of this music heritage, filled with passion and love for the amazing gift that is music. Together, with passion and commitment, we can make your dreams come true.

As Plato once said, "music gives a soul to the universe". Making music a part of your or your child's life can have an immensely positive impact by affecting your mood, brain and mind.

DON'T WAIT! CALL EDDIE HARDING ON 083-271-8080

